

## 30 Big Things in Year 30

2012 is the 30th year anniversary of True Martial Arts! To celebrate all year long, we will roll out 30 big announcements and special events. Stay tuned for details as we try to make year 30 unforgettable at TMA!

#1: 30th Year logo unveiled to be used all year—see logo to the right

#2: New Requirements—see page #6

#3: New Big Dog class logo unveiled—see page #3

### Weather Closures

- TMA usually follows the Issaquah school district schedule. If school is canceled for weather conditions, TMA will be closed. If school has a late start, TMA will be open.
- If snow or power outages occur later in the day then call TMA, check your email, visit our facebook or twitter page, or visit our website for the latest information.



**We want everyone to be safe!**

425.313.9680 [truemartialarts.com](http://truemartialarts.com) [facebook.com/truemartialarts](https://facebook.com/truemartialarts) [twitter.com/truemartialarts](https://twitter.com/truemartialarts)

### New Year's Get Fit Idea

**One month of unlimited fitness classes at True Martial Arts \$24**

**-or-**

**One month of unlimited martial arts classes at True Martial Arts \$29**

**Buy as many as you want at the front desk before the end of January!**

#### The Details:

- Redemption limited to 1 per person, not to be used consecutively by the same person with multiple certificates
- Valid only for new participants of True Martial Arts fitness or martial arts classes, not to be used by a current participant/student • Valid for 1 month from first class • All classes must be redeemed by same customer; cannot be shared • Expires August 31, 2012 • Bring in certificate to verify purchase before first class

### Martin Luther King Arnis Camp

**Monday, January 16th**

**9:30 AM-12:00 PM**

The kids are out of school this day. Might as well bring them in for a fun and productive morning of Arnis training. We will be working on requirements for achieving the next Arnis rank as well as reviewing old requirements, practicing Arnis sparring, and playing Arnis games. Bring your Arnis and sparring equipment. Beginners are very welcome! If you don't have any Arnis equipment, we have some to loan out.

### No Martial Arts Classes Monday, January 2nd

Martial Arts classes are cancelled on Monday, January 2nd in observance of New Year's Holiday. You are welcome to make up your class any time after the holiday. If you need help finding a makeup class you can call, email or ask at the front desk. 6 AM Cardio Kickboxing **WILL** still be happening as scheduled that day.

## Instructor of the Quarter

**Name:** BJN Lisa Carskaden    **Age:** Adult  
**TKD rank:** Advanced Brown    **Arnis:** Brown

**How long training:** 2 1/2 years

**How long teaching:** 1 1/2 years

**What classes do you teach?**

Teen/Adult Level 1/2 & Youth Level 2

**Favorite move:** Reverse jump side kick

**Favorite thing about Martial Arts?**

I really like the philosophy aspect of martial arts. I find it carries well from training floor to life.

**Favorite things outside of martial arts:**

Hanging out with family and friends

**What is your martial arts goal?**

Short term goal– Advanced Red Belt 2012. Long term goal– 1st degree Black Belt

**How has martial arts helped you?**

It's improved my physical fitness, self-esteem and emotional and spiritual well being.

**Favorite thing about teaching?**

I love watching the students confidence grow as they progress through their requirements.



## Student of the Month

**Name:** Charles Liu

**Age:** 13 years old

**TKD rank:** Advanced Brown belt

**Arnis rank:** Brown belt

**How long have you been training?** 5 1/2 years

**Favorite move:** Jump reverse roundhouse kick

**Favorite thing about Martial Arts:**

I come here for fun and to learn about martial arts.

**Favorite thing outside of Martial Arts:** Swimming

**Martial Arts goal:** Improve footwork & better cardio

**How has Martial Arts helped you?:**

I learned to be more respectful to everyone around me and to always keep up with academics.

## NOTEWORTHY

### Taekwondo Promotions

**Advanced White:** Andrew Clemmons, Michael Donovan, Quincy Hutchinson, Emily Karupiah, Jack Kascsur, Euan Mackinnon, Ryan Smith, Alexander Takeuchi, Conner Tobey

**Yellow:** Josh Cleland, Keira Mardenly, Kenny Sorrell, Aaron Zhang

**Advanced Yellow:** Lauren Luz, Katie Sorrel, Jordan Wilkerson, Angie Zoppi

**Green:** Manjushree Magesh, Georgia Newmann-Taylor

**Advanced Green:** Ryan Alexander, Hanshal Dabbiru, Pam Stuart, Martin Sy-Quia

**Blue:** Lillie Adamson, Medha Ganjam, David Garratt, Hannah Kicha, Adam Moe-Lange, Sai Reddy

**Advanced Blue:** Byron Jin

**Brown:** Ryan Knutson, Benjamin Zhang

**Advanced Brown:** Oscar Marczynski, Oliver Marczynski

**Red:** Michael Driscoll, Tarushi Verma, Anton Vilkotski, Baylee Wolfe

### Arnis Promotions

**Yellow:** Weston Graham, Simon Kurgan, Connor Sherwood, Levi Sklaroff, Ruslan Romanenko, Mathew Begalli, Andrew Widner, Justin Yang, Logan Smith, Logan Sanborn, Apuroopa Kavikondala, Katie Sorrell, Mallory Donovan, Regan Luz, Emma Ferng

**Green:** Nickie Alexander, Aditi Goyal, Artem Romanenko, Garima Maheshwari, Julia Gulyas

**Blue:** Diego Batres, Nolan Hawkins, Harshini Terala, Lillie Adamson, Avinash Koya, Adam Moe Lange

**Brown:** Alaka Rao, John Apsley, Rishi Kavikondala

**Red:** Olivia Ding, Luke Sala, Maddie Willis, Matthew Tenczar, Meghana Amruthur, Trishan Amruthur

**Black:** Nihar Mahajan, Zaviar Brown

### Happy Birthday!

Meghana Amruthur, Sean Kai Brainard, Chris Brewer, Joseph Camp, Digant Dash, Luis Delgado, Olivia Ding, Michael Driscoll, Ashton Dunn, Mackenzie Gale, Sebastian Gonzalez, Julia Gulyas, Elise Hoyt, Quincy Hutchinson, Allen Kim, Andrew Maciver, Keira Mardenly, Phililipa Poznanski, Tejasvi Rao, McKenna Roberts, Neel Sahay, Marcus Sanches, Saumy Suripeddi, Ben Terry, Indu Vanteru, Lauren Wise, Angie Zoppi

### Welcome New Students

Parker Elder, Holden Elder, Dhruv Gupte, Vinayaka Gupte, Odin Harper, Sofia Maczulajtus, Saumy Suripeddi, Vineel Suripeedi, Lauren Wise

# TMA News Briefs

## 2012 Taekwondo Test Dates

\*Dates and times are subject to change

	Time(s) to be announced	
Friday, January 27th		
Friday, March 23rd	6:30 PM	
Friday, April 20th	6:30 PM	If a large # of
Friday, May 18th	6:30 PM	students are
Friday, July 20th	6:30 PM	testing, we will split
Friday, August 24th	6:30 PM	to 2 tests.
Friday, September 21st	6:30 PM	
Friday, November 16th	6:00 PM	White-Advanced Yellow
	7:00 PM	Green and higher
Friday, December 21st	6:30 PM	

## Black Belt Testing Weekends February, June and October

- Red Belt and higher:
  - Friday, February 24th 6:30 PM
  - Friday, June 15th 6:30 PM
  - Friday, October 26th 6:30 PM
- White, Advanced White & Yellow Belts:
  - Saturday, February 25th 4:45 PM
  - Saturday, June 16th 4:45 PM
  - Saturday, October 27th 4:45 PM
- Green belt and higher:
  - Saturday, February 25th 6:00 PM
  - Saturday, June 16th 6:00 PM
  - Saturday, October 27th 6:00 PM

## January Pro Shop Special

Sign up for EFT automatic billing during the month of January and receive a \$20 Pro Shop gift certificate

One per family

## Instructor News

Welcome **John Apsley**, **Michael Driscoll** and **Anton Vilkotski** as our newest Assistant Instructor interns.

Congratulations to **Kathy Baker**, who was promoted from Senior Instructor Trainee to Senior Instructor.

## New Big Dog Class Logo



## Training Anniversaries

**One Year:** Mason Wilkerson, Ashwika Budhiraja, Catalina McKenna, Cole Stainsby, Ricardo Brito, Alexander Fleming, Logan Sanborn, Georgia Newmann-Taylor, Tyler Shek

**Two Years:** Elise Hoyt, Douglass Winegarten, Sara Hoyt, Joshua Cardwell, Samuel Cardwell, Julia Gulyas, Isha Jodh, Arya Jodh, Hannah Kicha, Emily Harig, McKenna Roberts, Hailey Roberts, Phililipa Poznanski, Swarathmika Kakivaya

**Three Years:** Shreyas Jagalur, Marcus Sanches, Alaka Rao, Logan Saxe, Rishi Kavikondala, Liam Coltorti, Elma Oomen, Adam Moe-Lange, Kyle Heller

**Four Years:** Medha Ganjam, Sam Andrus, Noah Rosenberg

**Five Years:** Olivia Ding, Michael Driscoll, Peter Moe-Lange, Kevin Parker

**Six Years:** Chris Brewer, Neel Shay, Tarushi Verma, Riddhi Patel, Matthew Tenczar, Arghya Kannadaguli

**Seven Years:** Krishna Rao, Tejasvi Rao, Anton Bezruchkin, Michelle Szeto, Allen Kim

**Ten Years:** Ashwin Rao, Mike Shappell

**Eleven Years:** Erin Murphy, Lisa Auerbach, Donna Curley, Karthik Palaniappan

**Thirteen Years:** Nicole Smelson

**Fourteen Years:** Tami Parker

**Twenty Years:** Leslie Haye

## TMA January Calendar

Sunday, 1st: **TMA Closed** all classes cancelled

Monday, 2nd: **TMA Closed** classes cancelled except 6 AM

Saturday, 7th: **Arnis Seminar & Test** (See times below)

Saturday, 14th: **Instructors Meeting** 11:15 AM

Monday, 16th: **MLK Arnis Mini Camp** 9:30 AM– Noon

Tuesday, 20th: **Breaking Seminar** 5:30-7:30 PM

Tuesday, 21st: **Super Cardio Kickboxing** 8:00-9:30 AM

Tuesday, 24th: **Super Pilates** 9:30-11:00 AM

Friday, 27th: **Taekwondo Test** 6:30 PM

## Arnis Seminar Times

**Yellow & Green Belts** 9:30-10:30 AM (Test to Follow)

**Blue & Brown Belts** 9:30–11:00 AM (Test to Follow)

**Red & Black Testing** 9:30–11:30 AM (Test to Follow)

**Red & Black Non-Testing Group** 11:00 AM–12:30 PM

# My Road to Black Belt

By Jaron Jin

When I was in 1<sup>st</sup> grade, KBN Laurel Zoppi did a class before school on Tuesdays and Thursdays at Discovery Elementary. My brother Aaron had just rejoined so he was with me but he was an advanced white and I was a white belt. I also had a friend who doesn't train anymore who was doing that class and we would sort of compete to see who did better. That made me work harder.

When I was an advanced yellow belt, I started to go to TMA to train in a class in the small room. That year, I went to my first School Championships that year and won 2<sup>nd</sup> place in sparring. I kept moving up the ranks at a steady pace, about a rank every 6 months.

But, when we were required to have our arnis belt, it slowed my brother and I down because we had church on Saturdays so we couldn't go to arnis seminars and tests. We were really excited when Instructor Jon Cory started to do arnis classes on Thursdays. When we were ready to test, Instructor Cory would do a private test after the class.

After training for about 4.5 years, Aaron and I had become advanced blue belts and moved up to the 4:45 Mondays and Wednesdays black belt club class. In that class I went from advanced blue to Black belt. KBN Tami Parker was my instructor for the later part of my Road to Black belt and she helped me a lot to get to Black belt. I would also sometimes go to the Tuesdays and Thursdays Black belt club class where Instructor Cory taught.

After 5 years of training, I was pretested to test for Provisional Black belt. I was in the group of the last provisional Black belts, there were 6 of us and I worked with all of them in the tests. The Summer Camps especially helped me prepare for the Black belt test because they fine-tuned my form.

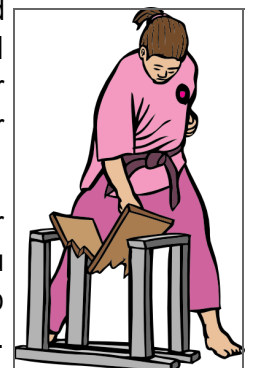
When I earned my Black belt, I started to notice that there was a problem with my elbows. When I did push-ups to the ground, they would make a cracking sound. It would hurt a little but Black belt perseverance pulled through when my elbows ached. When I started going to the Tuesdays and Thursdays 8:15 class also, I was always the shortest person in sparring. But I kept pushing myself and used it to my advantage to get better.

My Road to Black belt had many challenges to face and many friends along the way to help. I am sure there will be many more challenges to face as I keep working my way up to 2<sup>nd</sup> degree Black belt before I graduate from high school.

## Board Breaking Seminar

The next board breaking seminar is Friday, January 20th from 5:30-7:30 PM. We host 4 board breaking seminars a year. Board breaking is a way to bring together the physical, technical, and mental aspects of martial arts training. Breaking is required for the advanced ranks as part of their Taekwondo tests. You are required to attend at least one board breaking seminar before your advanced brown belt test so you can perform a break safely and with confidence.

If Board Breaking is of interest to you and you'd like to expand your ability and perform spectacular breaks, we recommend you attend as many board breaking seminars as you can, as soon as you can. If you are under 18 years old, you must get permission from your parents and your instructor to attend. Smaller-bodied students are invited to watch, but are unable to participate for safety reasons. Ask your Instructor if you are eligible to attend. Space is limited.



# Health & Fitness News

## 12 Days of Fitness Results

Congratulations to **Sally Oveson** for winning our 12 Days of Fitness promotion by accumulating 25 points! The following people earned a embroidered sling pack for successfully completing the 12 Days of Fitness: **Leslie Haye, Erika Gulyas, Angie Brown, Leslie Keck, Heidi Wolfe, Deb Bredeweg, Christian Dautz, Jennifer Brewer, Tammi Hunt, Ann Graham, Becky Carpenter, Suzanne Spinelli, Jim Brennan** and **Stacia Pache**. They did this by earning 12 points or more for attending fitness classes throughout the first half of December.

## Super Classes– Extra Challenging, No Extra Fee

Come check out Super Pilates Class: 60 minutes of mat-based Pilates and 30 minutes of Cardio Kickboxing on Tuesday, January 24th from 9:30-11 AM. The Cardio Kickboxing is optional and there's no additional fee.

Super Cardio Kickboxing will take place Saturday, January 21st from 8:00-9:30 AM.

## Fast N Furious Fitness Challenge

- A three week challenge designed to help you with body fat loss, improved strength & conditioning and improved healthy lifestyle.
- Quick orientation meeting: Saturday, December 31st at 9:30 AM (You can still participate if you don't attend)
- \$30 Registration Fee
- Starts Saturday, December 31st and goes through January 21st. **You can join in anytime during the first week.**

## Yoga Fundraiser for SAMMI Awards Foundation

**Class Dates:** Thursday, January 12<sup>th</sup> & Thursday, January 19<sup>th</sup> at 10:00 am

**Class Description:** Start your New Year on a positive note with Yoga classes. This is a gentle Yoga class suitable for beginners. The class will comprise of alignment- based basic yoga poses with short meditations at the beginning and end of the class.

**Duration:** 1 hour 15 minutes

**Suggested Donation:** \$12 donation for one class or \$20 donation for both classes

**What to bring:** Yoga mat, yoga block and a strap (block and strap optional)

**About the teacher:** Anju Mohan has been practicing Yoga for the past five years. She completed her certification as Yoga teacher from The College of Purna Yoga, Bellevue WA in May 2010 and has been teaching Yoga since then. Anju is a long time resident of Sammamish. You can reach Anju @ [anjumohan@yahoo.com](mailto:anjumohan@yahoo.com) or call her at 425-868-9588



**All proceeds from these classes will go to benefit the SAMMI Awards Foundation, which celebrates and promotes community involvement in Sammamish**

## January Makeup Class Schedule

You're welcome to make up classes missed. There's no deadline for completing makeup classes as long as you're an active student. If weekend makeup classes don't work, weekday classes are an option. Email, call, or ask at the front desk for help determining the best makeup class for you. 425-313-9680 or [info@truemartialarts.com](mailto:info@truemartialarts.com)

Friday, 6th: <b>All Ages</b>	7:00 PM	Friday, 13th: <b>Teen/Adult</b>	7:00 PM
Saturday, 14th: <b>Youth</b>	10:00 AM	Saturday, 21st: <b>All Ages</b>	10:00 AM
Saturday, 28th: <b>All Ages</b>	10:00 AM		

## Why Ki-Hop?

Ki-hops are a loud yell with spirit. Usually a strong Ki-hop is a sign of focused intensity. Ki-hops draw from our inner strength to produce power. Weak Ki-hops often accompany equally weak intention and movement.

# SBN's Training Tip of the Month (New!)

By SBN Skyler Zoppi

Happy New Year! Around this time of year, people make goals and resolutions. Sometimes people pledge to start good habits, which is why I want to share these tips for your training to become a better martial artist:

- Most importantly: Attend class twice a week. If you must miss class, make your missed classes. Don't make other plans during your training time unless it's a special occasion that cannot be missed.
- Commit to giving your best effort in each class. What you put into class is what you will get out of class.
- Practice your current and previous requirements outside of class. This will cut down on wasted time spent re-learning something you already know and will help you to improve!
- Attend at least one Arnis class, camp or seminar a month. Consistent practice will help you retain drills you've learned and improve your technique.
- Keep a binder with all of your current and previous Requirement sheets and put it somewhere you can easily find it and look it over every once in a while. Be sure to print out the new 2012 requirements and recycle your old sheets.
- Ask Instructor's if you have questions or need to be shown anything. Ask Instructor's what you need to work on to achieve your next level.
- Always pay attention and focus in class. Martial Arts isn't the only thing in your life, but when you are training, it should be the only thing you are thinking about.
- Pursue Martial Arts outside of class: Attend seminars, tournaments, camps, and other TMA functions. Watch movies, read books or magazines, search the internet for content featuring martial arts. Learn more about the masters and history of martial arts.
- Teenage and adult students should work extra conditioning outside of class. Try Cardio Kickboxing, jogging, do sit-ups and pushups at home, or anything else that gives you increased cardio and strength conditioning.
- Set goals. Once you've achieved your goal, give yourself a pat on the back for a job well done– then give yourself a new goal to start working on. Always have a short-term and a long-term goal.
- Make improved conditioning, knowledge & technique your primary focus in your training and achieving rank as a secondary focus.



## New Requirements

To follow up January 2011's big curriculum changes, we are coming out with an update. Compared to the 2011 changes, these will be minor. We will be implementing this update on January 1, 2012. Look for new requirements to arrive via e-mail around then. If you aren't currently on our e-mail list, you can sign up by e-mailing [info@truemartialarts.com](mailto:info@truemartialarts.com) or follow the link to subscribe on our home page at [www.truemartialarts.com](http://www.truemartialarts.com).

We also keep our requirement sheets available for download in the TMA Students section on our website. This section is password protected. The password will be e-mailed out to everyone on our e-mail list, if you don't already have it. Be sure to print out the new 2012 requirements and recycle your old sheets.

### **Changes:**

*Terminology*

*Upper Rank Kicks*

*New Two-Man-Set*

*Stick Form 2 moved to Arnis Red*

*New MMA Submissions*

*Step Spars*

*Fitness Requirements*

*Dagger moved to Arnis Blue*

## 2011 Black Belt Awards In Review

### 1st Degree:

**February:**

**Ben Terry, Jeremy Kaelin, Rachel Graham, Alex Ballata and Sammy Ballata**

**June:**

**Maizy Brewer and Chris Brewer**

**October:**

**Jaron Jin, Meena Sethuraman, Aaron Jin, Allen Kim and James Carskaden**

### 2nd Degree:

**February:** Erin Murphy **June:** Nicole Smelson **October:** Karthik Palaniappan

